

## THE WINTER CLIMATIC RESORTS OF THREE CONTINENTS.

BY WILLIAM SMITH BROWN.

FOR nearly forty years it has been my lot to travel much, for business, health, and pleasure. I am not a physician, and I wish it distinctly understood that my opinions of matters and things pertaining to invalids and health resorts are merely those of a non-professional man. For the benefit of those who cannot by personal visitation and examination acquire the knowledge for themselves, I am induced to write my impressions of the winter health resorts of three continents, especially those sought by persons suffering from affections of the throat and lungs—the most common causes, perhaps, of the many that annually drive thousands from their homes and employment in search of health. My object is simply to disseminate what I suppose to be facts acquired by many years of travel, and by an earnest effort to learn from those I have met the results of experience, and to point out dangers and obstacles which all invalids cannot be supposed to know, and which many are obliged to learn by an expensive and regretful experience. I feel confident that I have learned that no one climate is adapted to all cases, and that no resort should be chosen by a consumptive until the exact character and condition of the disease is ascertained as reliably as it can be from a competent physician, and it is ascertained what kind of climate such particular condition seems to require.

### THE NILE.

Five years ago the Nile was the region of my latest winter experience in health-seeking, and I will therefore begin my commentaries where in our school-days history began—in the land of the Pyramids. It is a stereotyped expression with regard to all climatic resorts that “the season is exceptional”; but that January, February, and March of the year 1882 were colder and more windy than those months usually are on the Nile I cannot doubt. Unfortunate as the season may have been for the generality of invalids, it was to me the best average of winter weather I have ever known, and I say this after a trip in a dahabeeyah from Cairo to Wady Halfah, in Nubia, near the second cataract, and return, covering a pe-

riod of about eighty days. I am, however, forced to believe that, so far as climate alone is concerned, the average winter weather on the Nile from November to April is as good as any to be found for a majority of those who need a mild, dry atmosphere, free from malaria—an element which must be carefully considered by all in search of warm winters. As the Nile Valley is seldom more than ten miles wide between the deserts—and its average is much less—there must be a purity of atmosphere therein that is exceptional. It is cool and bracing, and necessarily very dry—too dry, in fact, for some invalids. On the Nile, above Cairo, but not including Cairo, fires are unnecessary during the winter days. Cotton, tobacco, beans, and other plants very sensitive to cold continue to grow and blossom in this season, and yet the heat is neither oppressive nor debilitating, and woollen clothing can be worn nearly all the time. The nights, however, are cool, and frequently cold, and the variations from mid-day to midnight, or rather to the early morning hours, when the temperature is lowest, are such as to require an amount of care and caution on the part of invalids not always easy nor likely to be exercised. During the winter named the thermometer indicated a temperature below 30° Fahrenheit several times, which is very exceptional; but one is liable to encounter a temperature of from 40° to 45° at night any winter. If on a steamer or dahabeeyah, there is no reliable protection against such changes except clothing and bedding, as there might be could one be protected by a close-built house or by fires. As it is, the doors and windows are never tight, and the invalid traveller therefore is never safe unless he can be sure of waking at every change to add the needed protection. As there are only two hotels above Cairo where one may stay overnight, and these at Luxor, and not very comfortable either, the difficulty named seems a serious one for the very delicate to guard against. When colds occur, as they do frequently, there is no doctor to be had above Cairo—excepting at Luxor, and no medicaments to be obtained save those you carry with you. As there are no rains during the win-

ter, the soil is kept very dry, and the constant tramping upon it on the paths by men and animals keeps it so dusty at all times that it is difficult to obtain agreeable exercise on shore without inhaling the fine sand and dust from under foot. This discomfort is increased by the sand storms that one can never count on escaping, and which sometimes prevail from one to two days. All winds heavy enough to move the sand so cloud the air with atoms that it is sure to produce discomfort, even if not followed by positive injury to delicate throats and lungs. The dust raised by donkeys and the unavoidable dust of the dirty villages seriously detract from the diversion of the very interesting sight-seeing which invalids rely upon for benefit. Add to these objections the expensiveness of going to the Nile and the cost of living there, which cannot be estimated at less than ten dollars a day for each person on a dahabeeyah (and there is no other present means of living on the Nile comfortable for invalids), add also the distance to Egypt and the inconvenience of making it, and I believe both invalids and their advisers should consider long and carefully before deciding that the Nile is the best place in winter for those having very delicate or diseased lungs, including all who are threatened with or who have consumption. For those without settled disease, who have been overworked and who need rest; those who are recovering from an enfeebled condition, and free from pulmonary complaint; those who need a change, with repose from the excitement of their ordinary lives—I know of no trip more likely to prove restorative and compensating than one on the Nile. Personally, as I said, although the season named was exceptionally cold, I found the Nile climate agreeable and beneficial, but the objections named all presented themselves, and marred the comfort and the health of two of our party. The Nile passenger steamers are a great convenience for such as are limited in time and means, and who chiefly require change and rest (and that class can be fairly comfortable on them), but for serious invalids they cannot be recommended.

Of Cairo,\* although generally a healthy

\* *January, 1887.*—Recent newspaper statements assert that winter rains on the Nile are now common; that the climate has greatly changed, and seriously affected the health of Cairo. I give the statement as made, without knowledge.

city in winter, and a place very attractive to visit, I need only say that the resident physicians do not recommend it for consumptives or for persons with pulmonary tendencies. The air is too damp, fogs are not infrequent, and the inhalation of fine street dust is almost unavoidable. The weather is often too cold to be without fires, for which no good provision exists. The new Grand Hotel has grates for fires, but the coal one is obliged to use is poor, and wood fires cannot be had.

Most invalids wintering in Egypt desire to leave it in April, and many are tempted to visit Athens or Constantinople. This is a serious error, as both climates are unfit to visit before May. Sicily and Corfu, or the Riviera of France, are much safer. Corfu is a beautiful island, and one can be comfortable there.

#### SOUTHERN FRANCE, THE RIVIERA, AND ITALY.

The great winter resorts of Europe for those in search of mild weather are to be found in the south of France and in Italy, including Sicily. The principal places where good hotels, cozy villas, and the comforts of life are to be found are Biarritz and Pau (the first on the sea-coast, the second in the Pyrenees), Hyères, Cannes, Nice, and Mentone, in France, and San Remo, in Italy, all on the Mediterranean between Marseilles and Genoa. At these places good comfortable quarters, good society, good shops, and able physicians may be found, with many more diversions and pleasures than can be had at the winter resorts in our own country. To contrast them in a single particular with the Nile: fires of wood and pine cones in open fireplaces can be secured in bedrooms at an average cost of from four to five francs a day. For persons in health, and for those in delicate health without any settled lung or throat trouble, for such as desire or require an open-air life in a mild winter climate, they all offer attractions and comforts greater as a whole than any I have ever found elsewhere; but, like all climatic resorts, they have their objectionable features when presented for the abode of consumptives, which should neither be unknown nor forgotten. For sea-coast places Biarritz and Arcachon (the latter not far from Bordeaux) offer a mild winter climate, with a soft sea-air, but are subject more or less to winds and fogs

unfavorable to consumptives. For those only delicate or slightly diseased, who desire a mild but moist air, Biarritz is an exceptionally fine sea-side resort.

At Pau the winters are apt to be wet, but when the season happens to be a dry one it is a delightful winter residence, and being so near the Pyrenees, has a fine bracing air and freedom from debilitating heat, so essential for some constitutions. The liability to rain, however, and cold changes are important considerations for those who may be easily affected by them.

In the south of France, the favorite resort for English and Americans, we are mainly indebted to the English for the introduction of the many comforts now to be found there. Hyères, Cannes, Nice, and Mentone, in France, and San Remo, in Italy, each has its advocates and advantages, and as they are all easily reached by railway from Paris and Marseilles, and are not far apart, invalids have the opportunity to make a choice. Hyères has been improved in its drainage so as probably to remove the well-founded objections that were formerly urged against it, and therefore has, I think, some advantages over each of the other places on the Riviera. Situated on a sidehill, it has a delightful southern exposure, with a pleasant plain below. It is a few miles back from the sea, and sheltered from the ocean blasts by the intervening hills of the Iles d'Hyères. Its location is good, its roads excellent, the drives pleasant, and the many recent improvements and increased building indicate that it is likely to become more prominent in the future than it has been in the past as a winter and health resort. Cannes and Nice are too generally known to require much comment. Both are very attractive resorts, but they have grown so much since I first saw them that I am obliged to regard them as less desirable for invalids than they were thirty years ago. Such has been their development that while driving or walking in the rural parts of the city, except when directly in front of the sea, one is constantly subject to the chilling change of shaded streets or high-walled roads, which, when entered upon, render necessary at once an extra wrap. This growth has made the question of drainage one of serious consequence, and while I entertain a doubt in regard to it, I do not know that it is not good in both places. Inva-

lids and pleasure-seekers should carefully inform themselves before taking up a residence in either.

It is here important to call to mind the fact that all Mediterranean ports are located on bays into which the sewage empties, without any active river current or tide to carry it far away. Until within a few years, since San Remo has become a favorite and rival resort, Mentone was regarded by English physicians as the best place on this coast for consumptives, on account of its being the best sheltered. Whether it is not too much sheltered is a question which demands consideration. All of these places offer a great many inducements to travellers in search of health—ease of access, good hotels, boarding-houses, and villas, good English-speaking physicians (in fact, English is spoken almost everywhere), good shops, plenty of society, and a variety of diversion. But in all these places the invalid will find discomforts and causes for apprehension which the well and full-blooded may not encounter. The seasons are quite variable, some very rainy, and all are subject to high winds and sudden and cold changes. One requires an amount of clothing seemingly out of proportion to the temperature as indicated by the thermometer, and the same remark is applicable to Egypt and Algiers. To the visitor with a good circulation, going to Nice for the first time, it looks almost ridiculous to see prudent people walking on the promenade, during what appears to him charming weather, with overcoats and sun-umbrellas; but if he stay long enough in the place he will discover that the supposed absurdity is the result of good sense. I do not believe that there is any strong probability of recovery from a fixed disease of the lungs in any of the resorts in the south of France, but I do believe that those who secure sunny rooms, and have a fire whenever prudence demands it, who are well located as to their surroundings, and who use proper care both as to dress and exposure, may not only increase their comfort greatly by passing their winters on the Riviera, but may prolong their lives, and that those who are only delicate from previous sickness or from inherited tendencies may prevent disease by living there, with proper care and prudence, from December to April, inclusive. The way to do it, for those who can afford the expense, is to hire and keep their own house, so that they can control

fires and draughts and temperature to an extent which is impossible in hotels or boarding-houses, unless they live wholly within their own apartments. The well outnumber the sick in the hotels, and consequently the halls and salons and eating-rooms are often uncomfortably chilly and unsafe for invalids. I fear that physicians who send invalids from home either forget or do not know the unavoidable risks they encounter in cars, steamers, and hotels from their inability to prevent exposure to draughts and sudden changes, and that they for the most part fail to consider that in all southern Europe one is obliged to live in buildings constructed with thick stone walls, with what we call French windows, that is, sashes on hinges opening in the centre, which seldom shut closely, and are difficult to regulate for ventilation. The few hotels with a sunny face have but a limited number of rooms upon that side, and they are often difficult to secure, as all prefer them; consequently, unless invalids secure their rooms in advance, and know which to secure, they will perhaps be obliged to live in sunless rooms opening into a court, or upon a narrow street with tall buildings opposite. Another serious trouble is that it is very difficult in winter to obtain dry sheets. Cotton sheets can be had sometimes, but as a rule one finds only linen, of so cold a species that it is hard to determine whether they are dry or not. All delicate people should carry either cotton or flannel sheets with them, or sleep in flannel night robes long enough to cover the feet, which is an important safeguard.

Excepting San Remo, and perhaps La Spezia, I know of no places in Italy where consumptives can stay with both comfort and safety, and therefore consider it unnecessary to name other localities in that country which might compare very favorably as regards climate alone, because I know of none such where the invalid can secure an open-air life with such comforts and surroundings as are absolutely essential for contentment and improvement.

However attractive Florence and Rome may be as winter residences for healthy people (and I would not underrate them), it is not wise to send consumptives to either. The winter climate of Florence is not good; its cold, raw winds are very cutting and not infrequent. An intelligent, very prudent, and well-advised invalid can winter in Rome with benefit, but it

requires an amount of intelligence, prudence, and restraint which few possess. If they will go there, they should do so between the middle of April and June, and always ride when sight-seeing, and put on some additional garment on entering all churches, galleries, and museums. The city of Naples and the Bay of Naples have great natural advantages of climate, but there are too many objections which can be named to combine them with comfort and safety for invalids. Want of intimate knowledge prevents my saying anything more of Sicily than to express my belief that its climate ought to be excellent; but to send invalids into Catania, one of the best locations, subjects them to objections of a kind already referred to, and a mode of life very unlikely to prove congenial to the people of our country, without mentioning any possible risk from earthquakes and brigands. Malta I have never visited, but an English authority says, "It is not a good place for persons with delicate lungs or weak hearts."

#### ALGIERS.

The only remaining place known to me on the Mediterranean that deserves to be considered is the city of Algiers, including its suburb of Mustapha Supérieur. Steamers run direct from Marseilles to Algiers in from thirty-six to forty hours, and good hotels are to be found there; but they are in the town which is built close to the old Moorish city of Algiers, and they may not prove agreeable, and possibly not safe as regards malaria, for a prolonged stay. Narrow streets, with thick-walled stone houses, and the unavoidable dust of the city, are not what consumptives need for improvement. The climate of Algiers, like that of all the other places I have named, is variable, but I regard it as fully equal to and better than any on the north side of the Mediterranean. Yet, for the reasons already named, I think the city of Algiers should not be selected by invalids for a prolonged residence, notwithstanding the comforts to be had in the hotels, the excellent markets, with vegetables, fruits, flowers, game, and a large variety of excellent fish, and its good shops to supply all one's necessary wants and needed comforts. On the hill-side, from two to three miles distant, overlooking the ocean, and with a beautiful panorama spread before it, is the suburb of Mustapha Supérieur,

consisting of villas largely owned or occupied by English families, who winter there for health and pleasure, and who constitute a very pleasant society from November to May. Either furnished or unfurnished villas can always be rented at prices varying with the season, but generally at high rates. The climate is less subject to extreme variations of heat and cold than that of most other resorts, the autumnal and winter rains are less objectionable than those of the Riviera and Pau, the air is not as dry as that of the Nile, and I am disposed to believe that Mustapha Supérieur, of all the Mediterranean resorts, deserves to be ranked next to the Nile for climate. The views are attractive, and the drives are good; wood fires can be had readily; an English doctor resides in the place, and English-speaking doctors of first-rate ability reside in the city of Algiers. One advantage of the place is that invalids may go early, as the heat is not oppressive, remain until the winter in Europe is fairly over, and then get north to Switzerland, France, or elsewhere, through a climate mild at the time of making the change. There are boarding-houses and some small hotels in Mustapha Supérieur, but if any exist that are really desirable, I did not learn the fact.

#### SPAIN.

Spain should have some excellent resorts for invalids, but I must advise all persons who are more than simply delicate, who think of going there, to inquire well before deciding. Malaga has the reputation of having as good a winter climate as any in Europe, but unfortunately it has not another attraction; there is no spot between it and Barcelona where one can find a winter residence both comfortable and pleasant, nor do I know of any in the southern or western part of Spain. It is unnecessary to detail the reasons to any one who has visited Spain. To one speaking Spanish a winter residence in Barcelona might be made pleasant, and it has the advantage of being not very distant from Pau and the resorts on the Riviera.

#### SWITZERLAND AND THE TYROL.

We now come to the consideration of a few Swiss places which have recently grown in favor as winter resorts. If the theory which some physicians entertain be correct, that many consumptives do

better and are more likely to recover in a cold, dry climate, then for those thus advised who can go abroad the experiments now being tried in Switzerland will prove very interesting.

The most prominent of these Swiss winter resorts known to me is Davos Platz, an easy day's ride from Coire, which appears to offer more advantages with less objections than others in a high altitude. Its elevation, I think, is claimed to be 5200 feet above the sea-level. It is now a very prominent winter resort, and largely visited by English, French, and Germans. The hotels are very comfortable. Although in an open and pleasant valley, it is claimed to be free from much high wind, and has a sunny exposure in winter. The diversions and amusements are varied, and tend to a pleasant out-of-door life; the air is dry and pure; frequent falls of snow occur, but no rain, in winter. When the snow begins to melt in the spring its visitors mostly leave and move down into the north of Italy, which they can do in a short time, and sun themselves on the southerly side of the Alps, in many delightful and comfortable places, in April and May, without getting into a hot climate. When last informed, the number of winter visitors to Davos Platz had reached about 1200. Its advocates admit slow progress in recovery, claiming that time is necessary where much disease exists, but for those who only suffer from delicacy they claim a rapid strengthening.

The success of Davos Platz as a winter sanitary resort has resulted in the opening of several other winter resorts in Switzerland; but few have any claim to much merit. The Badrutt Hotel at St. Moritz, in the Engadine, is now kept open all the year, and has a growing winter colony. It has a charming summer location, but I should fear it would be too windy and exposed in winter. A very large and very comfortable hotel has been erected by Belgian capital near Maloja, at the end of the upper Engadine. It is well kept, and deserves success, but, as a winter sanitarium, appears to me unfortunately located, and to possess but two advantages—the excellence and comfort of the hotel, and the great ease and rapidity with which one can get down into Italy by the Maloja Pass. As the Engadine in summer is often too windy for comfort, I fear this location will be found too bleak in

winter. Meran, in the Tyrol, is an old and well-known winter resort, and although very pleasant in the spring and autumn, I doubt if well-informed physicians regard it a desirable location in winter for lung and throat troubles.

If climate were the only important consideration for consumptives, then crossing the ocean in quest of health would be a doubtful expedient.

According to existing theories among specialists in chest diseases, three kinds of climate are required for consumptives, according to their special condition and constitution, viz., a cold and dry climate, a warm and dry climate, and a moist and warm climate. What I have to write about climatic resorts in the United States and in close proximity will show, if correct, that we have all of these conditions in a degree quite equal to, if not excelling, that in which they can be found in Europe; but unfortunately there are other very important considerations, already referred to, wherein otherwise favorable climatic resorts are seriously defective, viz., in the matter of diversion and entertainment and in the comforts of living, neither of which can be safely ignored. I am led to repeat that it is safe to assume that it is of the first importance for every invalid to ascertain as reliably as possible the kind of climate best suited to his or her own condition and constitution, and not to be governed by the simple fact that some known case or cases have been benefited or injured in certain localities.

#### THE UNITED STATES.

I will now consider the climatic resorts of the United States. For a cold and dry climate, invalids now seek Colorado, Minnesota, northern Michigan on Lake Superior, the Adirondacks, and Lakewood, New Jersey. All the resorts in Colorado known to me where one can obtain the comforts of life essential to improvement are at an altitude of several thousand feet, and this fact or some other unexplained cause seems to create a necessity requiring those who improve or recover there to continue their residence in order to maintain their improvement. I cannot claim that this theory has been proven, but it is sufficiently believed to demand consideration. So many invalids have been sent to Colorado only to die, being beyond the possibility of recovery anywhere, that I think additional

knowledge from careful observation of results is essential to the formation of a satisfactory opinion in regard to the effects upon those seriously diseased. For those slightly diseased, or with a delicacy arising from hereditary tendency, Colorado seemingly ought to be one of the best resorts. It has one marked advantage in having its mountain resorts and high altitudes for summer within a few hours from Denver. The air of Colorado is exceptionally fine and bracing both in summer and winter, and very comfortable places to reside may be found for both seasons. For such as have seated throat or lung disease life may be prolonged and made more comfortable, if the case be not already too serious for such a result to be attained anywhere; but beyond that Colorado does not, so far as I can learn, offer any reasonable hope.

Minnesota has a very dry but very cold winter climate; the days are exceptionally bright and clear all the winter, and in St. Paul and Minneapolis, where comforts and luxuries abound, invalids needing a cold and dry air may get along without much loss until the winter begins to break, when the season proves very trying, and it is a long and tedious journey to reach any genial or safe climate for March and April. The same remarks will apply to Marquette and other places in northern Michigan on Lake Superior, except that one cannot find there the comforts to be obtained in Minnesota.

The Adirondacks from June to November I regard as one of the most desirable health resorts to be found; in fact, I know of none in the country I would sooner seek for health-giving properties; but one should try and spend several months there consecutively, entering early in June and remaining until late in October. From November to May it may be less objectionable than the homes of many consumptives, as the air is unquestionably dry and cold, but the breaking up of winter is very trying, and there is a serious lack of comforts and diversions outside of one little colony of invalids, which, from its composition, may tend to have a depressing effect upon its members.

Lakewood, New Jersey, is located on a very sandy soil, surrounded by pine woods, and has secured to it a comparatively dry air, because of its having a soil so porous that both rain and snow disappear quickly, leaving a dry surface and

no damp exhalations; this fact enables its residents to walk and drive almost daily in winter, when they would be shut in at any other point equally near New York or Philadelphia. Added to this important fact, Lakewood has the advantage of an extremely comfortable family hotel, with open fireplaces and wood fires. Exemption from the bad air of city homes introduced through under-cellars and heated in iron furnaces, the ability to ride and walk in a drier and purer air, and the pleasant company at Lakewood have combined, without the aid of drugs, to assist nature in relieving so many people that some are led to regard it as a panacea for all forms of colds. The causes named may alleviate the condition of consumptives, but beyond that it may well be doubted if Lakewood offers any strong hopes for permanent improvement, as the atmosphere, changes, and conditions are not of a character to justify such a hope, for it cannot properly be regarded as a cold and dry climate; it is too variable and too near the ocean.

Saratoga Springs has not yet become established as a winter sanitarium, but it appears to offer more advantages and be subject to less objections for such as need a cold and dry climate than any other place in the United States. The winters are steadily cold and dry, without the severity and intensity of cold found in the Northwest or the Adirondacks. The soil is very sandy and porous, and there is great freedom from damp and chilly exhalations. The place is exceptionally healthy. It has all the elements of an agreeable residence, free from the dullness and lack of diversion of most sanitary resorts, with a good market and an abundant supply of excellent hotels and boarding-houses, which can be readily adapted, when needed, to the wants of winter boarders. It also has a great advantage in the fact that invalids who need a change in March or April can in a few hours be put on board of a steam-ship for the Mediterranean, Bermuda, Nassau, Charleston, Georgia, or Florida, with very slight risk from exposure.

However great the advantages of California may be for those residing on the Pacific slope, invalids whose homes are east of the Missouri River should seriously consider whether the inducements are great enough to compensate for the disadvantages. To one in health the ride to

San Francisco is less fatiguing than one might properly expect, but for invalids it is a serious matter to be confined to a car for five or six consecutive days, subject all the time to the unavoidable inhalation of the various particles of matter inseparable from railroad riding; added to this is the impossibility of securing reliably good ventilation, uniform temperature, or freedom from draughts, closeness, and frequent changes. When you add the return journey, the advantages ought to be very great to induce the experiment. Are they sufficiently so? In summer the climate of California is hot and dry away from San Francisco or other very windy and variable locations. In winter it is very rainy and damp, as the rains all fall between October and May, which is there the season of verdure, the period when their grass grows. For those who are simply delicate, or inherit a tendency to consumption, I know of no country where I should regard the chances better for fair health and a prolongation of life than a residence in southern California, but for such as have a developed pulmonary trouble I would advise careful consideration, unless they decide to go there to make it a home, to stay while they live.

The climate of Los Angeles and its vicinity and of Santa Barbara offers attractions and inducements for invalids which I do not wish to underrate, but which I fear have been too highly praised. The variations at night, and from sun to shade, are trying. Each of the sections named has attractions as a residence for invalids not seriously diseased—for those who are simply delicate, or have a hereditary tendency to disease. Santa Barbara is in many respects an attractive residence, but its location in a valley, between the coast ridge and a range of hills extending to the sea, makes it very windy, and causes frequent dust storms injurious to consumptives; it is also subject to fogs. The location of San Diego is apparently a safe one, and its attractions as a residence have greatly improved within a few years; and Coronado Beach may deserve the strong claims made for it, but they are not yet established. Los Angeles and the country to the south of it should be carefully examined and compared with other sections before the invalid decides to locate. For those who may reasonably hope for recovery this portion of California offers more advantages and less

objections for a permanent residence than most climatic resorts, but such as are seriously diseased are, for the reasons already given, in danger of disappointment if they go from the East counting on recovery.

North Carolina, South Carolina, Georgia, and Florida all have health resorts which deserve consideration.

Asheville, North Carolina, in respect of beauty of location and fine scenery, is unsurpassed in our country by any health resort known to me excepting Estes Park, in Colorado. It has long been a favorite summer resort by the residents of other Southern States, and is now attracting attention in the North both as a summer and winter resort. Its reputation for health and elevated position gives it strong claims for consideration. For those who are only delicate, without settled disease, it offers some marked advantages for a yearly residence. As a stopping-place both going and returning for invalids who winter in a milder climate, and also as a residence for such from the middle of April to December, it is deserving of attention. A majority of those in danger from consumption or chronic throat troubles, I believe, would find their chances of permanent relief greater if they would remain all the year as far south as Asheville. Boarding-houses and hotels are numerous, and the cost of living is still very reasonable and inexpensive. From December to April I regard the climate too cold and too variable for such as require the benefits of an open-air life, which may be found farther south. Although Asheville has long and deservedly maintained a high reputation for health of location, it is important to bear in mind that it and all other resorts that become popular require an improvement of sanitary conditions in proportion to growth.

Aiken, South Carolina, has assumed a prominence for several reasons. It is located on a high ridge of pine and sandy land, with a soil so porous that there is almost a total absence of damp exhalations. It is naturally healthy, has good water and a dry air—too dry at times for some invalids. Its surroundings, as a whole, are favorable to consumptives eight months in the year—from the middle of April to the middle of December. During the other months the town of Aiken is subject, by reason of its ele-

vated position, to high winds, the climate is variable, and changes of temperature sudden and great. The winds may be partially obviated by selecting a sheltered location, but for the variations of temperature there is no remedy, and they are very trying to invalids. As a spring and autumnal resort, or for a stationary residence from April to December, it is one of the best in our country, because the heat is not oppressive, and it is more healthy during the hot season than more southern resorts.

The Sand Hills near Augusta, Georgia, compare favorably with Aiken, and nearly all the conditions in regard to the advantages there are very similar, excepting in extent of accommodations. The near proximity to the city of Augusta gives the additional value of more society and diversion.

Thomasville, in Thomas County, Georgia, is deserving of careful consideration. Located in the pine belt region, and accessible by railroad, it is at present one of the most desirable localities to be found for a warm and dry air. It is comparatively free from high winds in winter, and also from the humidity of many portions of the peninsula of Florida. As a residence, from December to April, inclusive, there are very few locations on the main-land offering better climatic conditions than the section in which Thomasville, in Georgia, and Tallahassee and Quincy, in Florida, are located. At Thomasville comfortable accommodations may be had, and probably also at Tallahassee, but at the latter yearly inquiry is necessary. During the months named this region is generally healthy. One is subject here, as everywhere on the main-land, to sudden and severe changes of temperature, but they are as infrequent and probably less in severity than any portion of the South where one can be comfortable, excepting only some places in Florida. The days are comparatively few that invalids cannot go in the open air with comfort; and by dressing to meet the changes, and using a wood fire mornings and evenings and days when needed, they will find it difficult to secure any location on the main-land where the conditions as a whole are more favorable to their improvement and comfort. Northern beef and good fresh milk can be had here. The popularity of this place makes it important for visitors to see that its sanitary arrange-



ments keep pace with its growth. And this care should prevail at every place visited.

Florida has a winter climate that is very delightful and attractive, but invalids need to be well informed where to go. The lower St. John's (as the river runs north, I mean the northern end below Palatka) is too windy and too damp on the river to be desirable for pulmonary troubles. At St. Augustine the winds are too strong and the weather also too variable. The greater part of the peninsula is very flat and low, swamps are abundant, and the atmosphere very humid. Care is needed to avoid malarial localities, and also to secure good and safe drinking water; filtered rain-water is the safest and best, and should be demanded, for the danger from poisonous water is often as great as from poisonous air. Artesian wells in Florida are now very common, and although safe from malarial effects, may be injurious to consumptives, as they generally contain much sulphur. The railroads have made accessible and continue to open dry sandy ridges in the pine forests at an elevation of fifty feet and more above the sea-level, which, when supplied with comfortable hotels and boarding-houses (some already exist), apparently ought to prove excellent and safe resorts. They are drier, less windy, and less subject to cold and marked changes of temperature than the more prominent and very comfortable resorts of pleasure-seekers so well known on the St. John's and at St. Augustine.

At Winter Park, a few miles from Sanford, on the railroad to Tampa, there are already a number of cottages belonging to Northern occupants, a good hotel, an excellent educational institution, churches, and good society in winter. Altamonte, a Boston settlement, six miles distant, is also a very attractive place, and from Altamonte to Orlando the claims made for the health of this section are strongly endorsed by Northern settlers. It is a dry sandy ridge from fifty to eighty feet above the St. John's River, a natural pine forest, almost entirely free from swamps and marshes, with good drinking water and numerous lakes which are fed by natural springs.

Climatic changes necessitate changes of location, and hence the best from November to March is not likely to be the most desirable for March and April.

There are other localities in the Southern States which may be as good as those named, but as none to my knowledge afford comfortable accommodations or any diversions to relieve the monotony of life, I have not named them.

#### NASSAU.

For such as require a moist and warm climate I would suggest the island of Nassau as the most desirable resort for all English-speaking people. Other sea islands may have an equally good climate, but as Nassau is an English island, with a comfortable American hotel, and largely resorted to by people from our own country, there is less feeling of isolation, and contentment is made easier. Filtered rain-water, fresh milk, and beef and mutton from New York are all to be had at the American hotel.

For those who can bear a moderate heat Nassau offers a climate unsurpassed, its great merit being that it is exceptionally equable and free from violent changes. But for an occasional "norther," and they are neither frequent nor severe, the careless and imprudent in the matter of dress would have nothing to fear from the changes of weather. By dressing warm and keeping housed during the short periods of the existence of such changes invalids may at all other times dress lightly and uniformly. The proximity of Nassau to the Gulf Stream gives the air a delightful softness and dryness, which, except to those who have lived on islands in the ocean, it is difficult to realize; in consequence of which there is but little for the lungs to contend with, provided the climate does not prove enervating. The heat is not great nor hard to bear, much less than much of our own weather from June to September, inclusive.

Although I have known invalids dangerously sick with the early stages of consumption to recover in other localities, Nassau is the only spot known to me where those pronounced by experts as incurable have actually recovered. Of course I have no means of knowing whether the diagnosis in these cases was correct or not, but from the eminence of the physicians it should have been. Not to mislead, I should state that those who recovered went to the island in November and remained until May, and continued to go there for several consecutive years to establish their recovery.